

# OUR BULLETIN UN-BORED



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Youth Services

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DAY 26

## EMERGENCY CARE PEN PALS



We want to hear from you! During times of social distancing, it becomes harder and harder to stay connected with the people we used to see every day. At our Emergency Child Care sites, we have some kids that want to be your pen pals! We want to keep you updated on the fun things we're doing here so you can be a part of it too! We also want to see what fun things you're doing at home so we can try them here! We'll get you connected with a child in our care and have them email you from one of our full-time staff's email.

If you are interested in having a pen pal, email your child's name and contact information to Sam Applegate at [sapplegate@ymcawnc.org](mailto:sapplegate@ymcawnc.org)

### Character Development: Optimism

#### Optimism Y Chat:

Where do you feel safe and happy about the world? What do you do there?

#### Optimism Activity:

Draw all the things that make you happy. Write or discuss what each thing does for your joy.

## DAILY SCHEDULE

### \*\*\*Adapted sample schedule\*\*\*

#### Before 8 a.m. Wake Up

**Activity** Eat breakfast, make your bed, get dressed, tidy up

#### 8-9 a.m. Morning Walk

**Activity** Get moving outside or do a GoNoodle.com exercise

#### 9-10 a.m. STEM

**Activity** DIY Watercolor

#### 10-11 a.m. Academic Time

**Activity** Work on school packets, sudoku, flash cards, journal

#### 11 a.m.-12 p.m. Arts & Crafts

**Activity** Watercolor-Resist Heart

#### 12-12:30 p.m. Lunch!

#### 12:30-1 p.m. Chores

**Activity** Wipe down tables and chairs

#### 1-2 p.m. Quiet Time

**Activity** Reading, Puzzles or Nap

#### 2-3 p.m. Movement

**Activity** Tissue Dance

#### 3-4 p.m. Cooking Project

**Activity** Banana sushi roll

#### 4-5 p.m. Outside Play

**Activity** Go outside and practice what makes you incredible

#### 5-6 p.m. Academic Time

**Activity** iPad Games, Educational Show

#### 6-7 p.m. Dinner

#### 7-8 p.m. Free Time

**Activity** Kid's Choice

### Art Project: Watercolor-Resist Heart

#### Materials:

Paper, black crayon, and watercolor paint

- Use the black crayon to draw a large heart.
- Draw lines that gently loop around the page.
- Decide whether you want warm colors or cool colors on the inside or outside of the heart.
- Paint the inside of the heart first by painting each section a different coloring.
- Finish by painting the outside of the heart in a different color scheme.



### STEM: DIY Watercolor Paint

**Materials:** food coloring, baking soda, an ice cube tray, water

#### Procedure:

- Fill each tray 3/4 full of baking soda
- Add 1-2 drops of food coloring to each slot, using varying colors as you go.
- Add water slowly while mixing to dissolve the baking soda.
- Add more baking soda to top it off, leaving it with minimal residual water.
- Leave the water colors to set either on the counter for 24 hours or in the freezer for 3-4 hours.
- When ready to use, wet colors with the brush.



When you use your watercolor with resist mediums such as crayon, the color will not be absorbed in those areas. Crayon is made of wax which is hydrophobic, it is "afraid" of or resists water.

### Movement: Tissue Dance

This is a fun game that works on posture, body control, balance and concentration.

- Everyone puts a tissue on their head.
- Turn music on and dance!
- Be careful, though. If the tissue hits the ground, you're out!



### Banana Sushi

#### Ingredients:

1 flour tortilla

1 banana, peeled

2-3 Tablespoons peanut butter  
a small smear of Nutella

#### Instructions:

- Spread peanut butter on one side of a tortilla. Add a thin line of Nutella.
- Peel banana and straighten it a bit (it's okay if it cracks a little). Place on top of Nutella.
- Roll tortilla up around the banana, trying to make it as tight as possible.
- Slice your "sushi" roll into 1/2 - 1 inch rounds and serve.

### Resiliency Tip of the Day

Avoid seeing crises as insurmountable problems. You cannot always prevent stressful events from happening, but you can control how you interpret it and how you respond. Try to look for the bright spots of that situation, look for helpers, or look beyond the current problem to how the future may look a bit better. How can you grow from the stressful event? Looking on the bright side is the oldest resiliency tip in the book for good reason!